

Get ready for your *tattoo*

A quick guide so your session goes perfectly.

A great tattoo starts before the needle. Follow these steps and your skin, your body and your design will thank you.

THE DAYS BEFORE

- **Hydrate.** Drink water starting the day before: hydrated skin takes ink better.
- **Sleep well.** When you are rested, you handle the session better and feel less pain.
- **Protect the area.** No sunburn, cuts or scrapes. If you are sunburned, we wait until it heals.
- **Moisturize your skin** on those days... but **not** on the day of your appointment.
- **Don't shave.** I take care of that at the studio.

THE 24 HOURS BEFORE

- **No alcohol.** It thins your blood: you bleed more and heal worse.
- **No heavy workouts.** Sore muscles make the session uncomfortable.
- **Go easy on caffeine** and energy drinks: they make you shaky and dehydrate you.

TATTOO DAY

- **Think about your clothing: it matters more than you'd think.** Wear something comfortable and loose that lets you uncover the area without feeling uncomfortable or having to take off more than needed. For example: for the arm, a tank top or short sleeves; for the leg, shorts; for the back or shoulder, something that opens or slides down easily. And make sure you don't mind if it gets ink on it.
- **Eat before you come.** A balanced meal 1–2 hours before. Never on an empty stomach: your blood sugar drops and you can get dizzy.
- **Come showered** and clean: that's the baseline to work comfortably and hygienically.
- **Be on time.** Remember: more than 20 minutes late counts as a missed appointment.
- **Bring:** your ID (18+ only), your reference and something to keep you entertained (headphones, music, a podcast). Sessions can run long.
- **Bring a calm mind.** Trust the process; that's what I'm here for.

IMPORTANT: YOUR SAFETY COMES FIRST

If you have any health condition (diabetes, clotting problems, allergies, pregnancy) or take medication such as blood thinners or aspirin, tell me **beforehand** and check with your doctor.

Any questions? [Message me on WhatsApp.](#)